

## Whole Wheat Apple Cranberry Bread

### Ingredients:

115g whole wheat flour  
100g all purpose flour  
1 tablespoon ground flax seed  
2 teaspoons baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
130g brown sugar  
1 teaspoon ground cinnamon  
generous pinch of nutmeg  
180ml buttermilk  
75g melted butter  
2 large eggs, lightly beaten  
2 large apples, grated  
50g walnuts, roughly chopped  
30g dried cranberries, chopped  
1 tablespoon rum

### For sprinkling:

1 tablespoon brown sugar  
1/4 teaspoon ground cinnamon

### Directions:

Preheat the oven to 180°C. Grease and flour a loaf pan (23x13x8cm).

Heat the rum and pour it over cranberries. Let them soak while you're preparing the batter. In a bowl combine all dry ingredients: both flours, flax seeds, baking powder, baking soda, salt, sugar and the spices. In a separate bowl whisk together buttermilk, eggs and butter and pour them to the dry mix. Mix until it just comes together. Add the grated apples, dried cranberries, rum and walnuts. Fold to incorporate and pour into your prepared pan. Sprinkle with a mixture of brown sugar and cinnamon and bake for about 45 minutes (test with a wooden skewer). Let the cake cool in the pan. It's beautiful when served warm, and equally delicious at room temperature.